English Edition of *Healthy Recipes for Baby*





Healthy Recipes for Baby

Inspiring morning

'I am the baby who writes with sighs and crayons.'

A beautiful and inspiring morning. As usual, I'm crawling fast across the vastness of my home, curiously exploring everything I find. But today was different… a tiny pebble bothered my knee. I had to sit down, look at it, remove it, and throw it far away. I wonder how many more times little pebbles on the path will make me do the same thing…

Oh! Forgive me… I haven't learned much formal etiquette yet. I haven't even said hello! **Hi, hi! It's me… the baby who writes with sighs and crayons.**

My baby writer confessions

'Since I swam in mom's belly, I thought a lot about how tender her voice felt.'

Sssshhh… do you hear that? It's me, the baby writer, hiding among rainbow colors and soft whispers. And now that we're talking, I'll tell you a secret: ever since I was swimming in those dark and peaceful waters inside mommy's belly, I used to think a lot about how sweet her voice felt, how her hands pressed gently trying to reach me through her skin, and how the family's loving touches on her tummy wrapped me in warmth.

When I saw them for the first time and felt their love, the comfort, the joy, and the health that filled my tiny body, a question started spinning in my little brain: **How can I help moms and dads around the world understand, through these pure baby feelings, the importance of affection and sensory love — so families can enjoy strong and healthy little ones, both in body and mind?**

And then I thought… easy! I'll write a book with the magic of a little girl writer. I called it **Healthy Recipes for Baby**. I ask you, from here, that when you find this magical book, you read it like you read dreams: **slowly and with a smile in your soul.**

 *The happy little meal*

'Each dish is also a thank you.'

“In my big book, I tell you how mom makes food feel like a game, a story, and a cuddle… all at the same time. You will find many recipes that bring fresh novelty, because with mom there isn’t just one cook—I am part of that story too. When mom lets me remove little seeds from fruit… I feel like a chef with a bib, cooking love. I, baby writer and kitchen chef, with a little spoon in hand and leaves in my pocket, will offer you in my book many healthy culinary recipes to paint the palate and imagination—like the vegetable train, the laughing burgers, and the princess made of lettuce. All of them carry flavor, play, learning… and sustainable love. I didn’t know that caring for the planet began the first time I touched a leaf. Mom let me listen to how the wind danced in the trees, and every flower I picked whispered soft secrets. That’s why, in this chapter, we transform food into a healthy, beautiful game full of respect for nature. Everything I have learned, everything, I pass on to you, future mom or dad. Mom nourished me with the wisdom of vegetables through these recipes you will read, and I felt as if I were studying the planet’s secrets—and I wish your baby feels the same, so I share them with you. I learned what mom also says: that the plate not only fills my belly, it teaches me, embraces me, and helps me grow. Mom teaches me that vegetables come from the work of many hands, and that the Earth gives us edible colors. Each plate is also a thank-you. I learned to value from the very first bite. And so I tell you, through healthy recipes, all that I have learned, so their benefits reach many children in their homes. Learning is growing, and that’s why I assure you that in my big book there are recipes that smell of affection and taste of wisdom… will you try them with me?”

 *Healing laughter*

'Laughter also nourishes… only the heart.'

We’ve talked so much about food… but laughter feeds the heart too! That’s why in *Healthy Recipes for Baby*, I offer you many ideas, creative games, and joyful advice. When I play and laugh with the activities in this chapter, sometimes I giggle so much my little belly dances from the inside!

When I hear my own laughter recorded, my body remembers how happy I was. A song with “hee hee hee” and “ha ha ha”… feels like a butterfly tickling me from within. But there are recipes for you too, dear parent — because when you laugh, my little face wants to copy you. Even if I don’t understand, I feel like the whole world is singing.

In my big book, I tell you how Mommy turns laughter into a gift for my health. Will you laugh with me? Don’t miss it — I promise it’s fascinating!

 *Exercise and movement*

'When I move my body with the song… I truly feel my skeleton laughing inside.'

You should follow every little ritual from the chapter *Healthy Exercise Recipes for Baby*. In it, I reveal a secret even Mommy didn't teach me: when we lie down, we can dance with our arms! Try doing yoga with your little one, pretending to be the animals I suggest — you'll see how they stretch into a story without words.

Use the song Grandma made, which I offer with love. They sang it to me since I was born, and now I hum it while wiggling. When I move my body with that song… I truly feel like my skeleton is laughing inside. You'll see that in my big book, this magical song turns exercise into a party. Will you dance with me?

*Caresses and massages*

'The massage begins softly, slowly… as if her voice walked through my little body.'

Next stop on our enchanted journey: the chapter of cuddles that sound like music… body massages explained as wise hugs. **Ssshhh… can you feel it?** It's the moment when Mommy puts away her rush and turns her hands into butterflies. The massage begins gently, slowly… like her voice walking across my little body.

I don't know why, but after a massage… my dreams are sweeter and my tummy behaves better. And if I hear music while she does it… my whole body feels like it's floating on cotton. My favorite part is when her fingers walk across my tiny feet — one by one. No rushing allowed!

Want to know how Mommy learned to give me those delicious massages? And what magical food goes with nap time? Then in the big book, I'll tell you everything, step by step, like hugs arranged with love.

*Magical breathing*

'Each exhalation is like a wordless song that cleans my emotions.'

"And now guess what happens when I breathe as if I were blowing on a little flower… my tummy makes tiny bubbles of joy and rises like a balloon and falls like a sigh. Mom says that this is how my happy lungs wake up, but I learned that air can tickle the soul.

In the breathing chapter of my book there are more games with the magical little air and many hidden giggles. Shall we play at being puppies that breathe? Did you know that when I get tired of crawling, I take a deep breath and it feels as if mom put new batteries in me?

But shhh… forgive the repetition, I assure you there are more secrets in my air notebook where I will recommend accompanying baby in their breathing. Mom breathes with me as if we were reading a story in silence, because deep breathing is not only for adults… I also have secrets that calm with the air, where each exhalation is like a wordless song that cleans my emotions.

And when I close my eyes and the air enters through my nose, it feels as if little stars awaken in my tummy and I feel as if I were floating in cotton. And we must always take care that the air is clean… At home, mom opens windows that embrace. Do you do that too?

 *Magical water*

'Each sip is like an invisible hug.'

In my book, I share how water is more than just a drink—it becomes invisible energy, soft hugs, and playful secrets. Each sip feels like little bells ringing inside, and mom teaches me that water is both nourishment and love. She shows me how it refreshes after play, how it cares for plants and my tummy alike, and how its flavors—sometimes lemon, sometimes strawberry—always taste of affection. Through these gentle lessons, water becomes a game, a story, and a way to learn gratitude and care for life.

 *Acupressure and tenderness*

'Mom turns her fingers into healing wands of love and peace.'

“Did you know that I have secret buttons on my little body that light up with your gentle fingers? After mom softly touches my magical points, my tummy asks for a party with avocado and strawberries, and my heart says ‘thank you.’

There is one called Point 25… and it takes me straight to soft dreams. Mom says they are wise caresses. This beautiful chapter awaits you in my big book—it is where I talk about acupressure in babies and about invisible hugs.

Reach it, and you will enjoy a song of my magical points. My book tells how mom turns her fingers into healing wands of love and peace, as if it were a secret hidden inside embraces.”

 *Soft dreams*

'Sleeping is not boring… it is finding the wisest part of me.'

“Beautiful sleep is born from tenderness—a soft dinner, an unhurried hug, and loving rituals. In my book, I share secret recipes for dreamy nights, where banana and honey lullabies feel like clouds embracing me. Mom’s gentle routines—pajamas, dimmed lights, lavender stories, and quiet songs—

teach me that sleep is not boring but a wise journey. With each breath and cuddle, I learn that resting is love in silence, a secret voyage where dreams grow alongside family care."

 *Colors that teach*

"With a crayon in my hand and mom's eyes in mine… I feel the world becomes softer and more beautiful."

"In the final chapter of my book, I become a painter of a wonderful planet. With a crayon in hand and my family beside me, the world turns into magic in every detail. Even if my colorful lines seem unclear, I enjoy them like a famous artist with their masterpiece. My book shows how colors teach me to sleep, laugh, and learn without words—blue makes me sigh, red makes my heart leap like hide-and-seek. It is an invitation to paint together, to discover joy and wisdom through colors."

 *Final message*

'We traveled together through recipes with air, water, colors, caresses and dreams. I spoke with my little voice… and you listened with your heart.'"

Farewell from the Baby Writer

**"We have traveled together through recipes of air, water, colors, caresses, and dreams. I spoke to you with my tiny little voice… and you listened to me with your heart.

This little booklet has been like a soft song my small body wanted to sing to you: with laughter, little spoons, moving arms, and caresses that hug without words.

If you enjoyed my little phrases, wait for me in the big book… there, all these tiny crumbs become complete paths to care for ourselves with love, body, soul, and smile.

If one day you feel tired, lost, or longing to dream again, open this little booklet. My words are kept inside like cloud-kisses… ready to wrap you in an embrace once more.

And before I say goodbye completely, I — the baby who plays with leaves, fruits, and magical little spoons, and who also loves to write — will leave you a way to find me.

You can visit me on YouTube, in the rainbow corner of *Baby Writer*:
https://www.youtube.com/@BebeEscritora or on my previous channel:
https://www.youtube.com/@desafionene

That is where I will leave some magical videos, and if you subscribe, you will be among the first to know about the new books I write.

And I will share a little secret with you: in the big book, there is a song — *Do Your Exercises, Baby* — a song I fell in love with the very first time I heard it. I use it every day for my little exercises.

That is why I wish for all the children of the world to know it and enjoy it, because for me, it is one of those songs that go beyond the moment and nest forever in childhood.

Maybe one day you will enjoy it with your baby while doing exercises together. That is my dream.

And as Peter Pan says — and I believe him — wishes do come true when we wish them strongly enough.

Throughout this journey, I tried to touch your heart, to inspire you to read my big book *Healthy Recipes for Baby*, in its two volumes.

If for any reason you cannot obtain it, don't worry. What matters most is knowing that all the babies in the world not only deserve to feel loved, but also need tender words, games, cuddles, and an education based on respect.

In that case, read this little book I gave you once more, slowly. Perhaps my words will help you grow your creativity in these themes that are so important for a baby's health.

And if you have reached this point, know that from my cradle, where I am now preparing for my happiest dream, I send you the warmest of greetings and wish you the most beautiful journey through life.

See you soon.

Baby."**

